



## **The USA Weightlifting Funding System**

*A method to support our Elite Athletes*

2018 - 2020

*April 2018*

*The USA Weightlifting Board of Directors has approved this guide to the USA Weightlifting stipend system, approved April 2018, active from Aug 1, 2018.*

## **USA Weightlifting**

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## **USA Weightlifting**

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## **Purpose**

The purpose of the USA Weightlifting Funding System is to provide funding to athletes for the specific purpose of supporting their training and international competition expenses as an elite athlete. This supports USA Weightlifting's goal to support the training of international level athletes who are likely to represent USA Weightlifting in the Olympic Games.

## **Budget**

The stipend system is based on a budget of \$480,000 as announced in 2016. This amount will be adjusted yearly based on USA Weightlifting's income. This amount represents amongst the largest stipend programs in the US Olympic movement. This amount excludes DAS support provided by the USOC, \$131,000 in 2018.

USA Weightlifting also has a limited budget with regard to competitions. USA Weightlifting must prioritize the primary competition of the quadrennial (the 2020 Olympic Games in Tokyo), and therefore prioritize qualification for those events.

## **Philosophy on USA Weightlifting's Stipend System:**

USA Weightlifting primarily targets its stipend program at the athletes most likely to score qualification points for the 2020 Olympic Games, and those athletes most likely to win international medals at key IWF and PAWF events, especially those likely to compete at the 2020 Olympic Games and 2019 Pan American Games.

## **Minimum Qualifications:**

To be considered to earn funding you must meet the following minimum requirements:

### **You must be a citizen of the United States of America.**

Athletes must be citizens of the United States to be eligible to compete for Team USA. If dual citizenship is held, your sport nationality must be registered as the United States with the IWF or other applicable body.

### **You must have been in the United States Anti-Doping (USADA) Random Testing Pool (RTP) for 6 months.**

If you have not made yourself available for USADA's RTP, please do so immediately. USA Weightlifting has taken a stand for a doping free sport and we require all our international athletes to have been available for testing for minimum of 6 months prior to competing in any international competition. *(RTP details can be found in the **Appendix A**).*

## **Other Requirements**

Athletes must be current members of USA Weightlifting and in good standing in order to compete. Good standing means a current membership in good standing.

Athletes must agree to the USA Weightlifting Funding Agreement.

Athletes must continue to show their training through the CoachMePlus+ to ensure the athlete is training through the period. A minimum expectation is once per 3 weeks when currently named/selected for an international competition, and once per week when named for an international competition.

## **USA Weightlifting Bonus Payments to Athletes**

**Any payment made is in addition to USOC Operation Gold Payments.**

### **IWF World Records**

	Yth World Record	Jnr World Record	Snr World Record
Snatch	\$1000	\$2000	\$5000
Clean & Jerk	\$1000	\$2000	\$5000
Total	\$1000	\$2000	\$5000

**Maximum Payment per Annum per Athlete (World Record) - \$15,000**

### **Medal Bonus Payments – Medals in the Total Only**

	Bronze	Silver	Gold
2018/19 Worlds (Snr)	\$3500	\$5500	\$10000
Olympic Games	\$10000	\$15000	\$50000
Pan Am Games	\$1000	\$2000	\$3000
2018/20 Pan Am	\$500	\$500	\$1500
IWF Jnr Worlds	\$500	\$500	\$1000
2018 Yth Olympic Games	\$250	\$250	\$500

**Placement Bonus – IWF World Championships 2018 & 2019 (Senior).**

Placement (Total)	Bonus Payment
Gold	\$10000
Silver	\$5500
Bronze	\$3500
4 <sup>th</sup>	\$1500
5 <sup>th</sup>	\$1000
6 <sup>th</sup>	\$750
7 <sup>th</sup>	\$500
8 <sup>th</sup>	\$250

## **Protected Funded Competitions**

USA Weightlifting will fund the registration/entry fees, visa, flight, housing and food fees for 10 (ten) athletes per gender or whatever the maximum entries permitted by the IWF or PAWF as appropriate, for the following protected competitions:

IWF World Championship (Snr)  
Pan American Championship (Snr)

The following competitions are funded and managed by the United States Olympic Committee and are excluded from this funding policy. Selection documents for these events are also separate and are owned by the United States Olympic Committee:

Olympic Games  
Youth Olympic Games  
Pan American Games

Competition funding is protected for the following events for a maximum of 4 athletes per gender, or for athletes who have a total in the Top 5 in the World for the bodyweight category and age group in the 12 months to the end of the qualification window, whichever is the greater.:

IWF Youth World Championships

Competition funding is protected for the following events for a maximum of 6 athletes per gender, or for athletes who have a total in the Top 5 in the World for the bodyweight category and age group in the 12 months to the end of the qualification window, whichever is the greater:

IWF Junior World Championships

IWF or PAWF Competitions hosted by the United States are also protected to the extent of a full team allowed by the IWF TCRR.

## **Non-Protected Competition Funding**

For the remainder of competition funding, the funding will be attached to the athlete as oppose to the competition.

This means that the athlete (in consultation with USA Weightlifting Performance Staff and their personal coach) will determine the most appropriate qualification route with the goal of the Olympic Games Qualification.

E.G. If an athlete at Gold Level wishes to attend the World University Championships, for reasons of qualification for the Olympic Games – USA Weightlifting will fund this endeavor despite not funding the whole team.

See below for details.

### **Self-Funding to Events.**

In the event that an athlete wishes to attend a self-funded event that has been agreed that USA Weightlifting will attend, an athlete will be able to self-fund. In this instance, USA Weightlifting will offer that opportunity exclusively to the 10 athletes and 2 reserved who would make up the full team for that competition.

### **Olympic Qualification Refund Clause**

In the event an athlete qualifies and subsequently competes in the 2020 Olympic Games, and has self-funded to an event which is accounted for in the Final IWF Absolute Ranking for the Olympic Games, USA Weightlifting will refund all competition costs (Visa, Flight, Accommodation, Food & Registration fees) to the athlete upon production of receipts. In the event the United States is in the position to take a choice between 5 or more athletes, all 5 (or more) are credited with the “refund” clause.

### **Payment Periods**

Stipend Funding will be paid on the first working day of each month, except for January at which time Stipend funding will be paid on the second working day of the month.

### **Qualifying Periods**

Payment level periods are for the calendar year, except in 2018 when the period will begin August 1, 2018 (therefore calculated from August 1, 2017).

An athlete may join, or move up a payment period, upon satisfying the criteria below.

### **Definition of Direct Athlete Support Stipend payments**

A Direct Athlete Support stipend payment is designed to support expenses related to training, competition and the maintenance of a performance environment commensurate with an elite athlete.

### **Definition of Athlete Project payments**

Athlete Project Payments are designed to pay for performance-enhancement projects for the athlete. For example, massage, sports psychology, sports medicine, or other special projects agreed between the athlete, personal coach and USA Weightlifting performance staff. Funding above the below amounts is available pending review by the USA Weightlifting Performance Funding Review Panel.

### **Definition of Competition Funding**

Competition funding in the below is defined as direct expenses associated with competition (flight, visa, registration/entry, accommodation, food and other fees associated with competitions). Additional competition funding is available on agreement with USA Weightlifting performance staff and with agreement of the USA Weightlifting Funding Review Panel

### **USA Weightlifting Funding Review Panel**

The USA Weightlifting Funding Review Panel will have final jurisdiction over any clarification requirement. It is made up of:

USA Weightlifting Chief Executive Officer

USA Weightlifting Representative to the USOC Athlete Advisory Council

USA Weightlifting Alternate Representative to the USOC AAC

An individual who meets the criteria of Independent Director, who holds a CPA Qualification

An individual who meets the criteria of Independent Director, who is licensed to practice law in a US state.

Any individual who has a Conflict of Interest in considering a specific athlete or coach case (including, but not limited to, being from the same club, being the athlete of or coach of, being in the same bodyweight category), must recuse themselves from that discussion and any vote.

The USA Weightlifting Nominating & Governance Committee will appoint the two independent members. Such independent members may be an independent member of any other committee. Should they at any stage no longer meet the criteria for Independence, they will be immediately removed without hearing. Appointments are reviewed annually and may serve for 4 years maximum.

### **Injury Clause**

If an athlete is injured, as defined by the USA Weightlifting Sports Medicine Chair, their funding will continue for the recovery period defined by the Sports Medicine Chair.

Funding may only be removed after a unanimous vote of the Funding Review Board, and with the opportunity for the athlete to have a hearing before that group. Additionally a majority vote of the Board of the Directors is required.

### **Right to Adjust & Review**

In order to ensure USA Weightlifting is responsible with its' budget, USA Weightlifting reserves the right to adjust this document at the end of each calendar year with no less than 3 months' notice given to athletes currently enrolled in the program and all senior athletes in the domestic Top 10 of their category via the email listed in their membership profile, and via USAWeightlifting.org

Any adjustment to this document must carry the simple majority consent of the USA Weightlifting Athlete Advisory Council and the simple majority consent USA Weightlifting Board of Directors.

USA Weightlifting also have the right to review in the event of a change in IWF Technical Rules and Regulations or a change in Olympic Qualifying Procedures. In this instance, any change will be published within 30 days of the publication by the IWF, and may be effective immediately.

### **Making a Total**

Totals will be judged from totals made in IWF Gold, Silver and Bronze competitions, however where an athlete has not performed in an IWF competition in the qualifying period but has performed in a national USA Weightlifting competition with drug testing, and meets all other criteria, the athlete's total will be credited for qualification as below. Where the total ties the relevant achievement the athlete will be credited with that achievement.

### **Expectations of USA Weightlifting and of Funded Athletes/Coaches.**

Athletes and Coaches should expect cooperation and communication to and from USA Weightlifting's performance team, and an environment and culture designed to support their performance.

USA Weightlifting athletes and coaches are highly encouraged to reach out to the USA Weightlifting Performance Team and USA Weightlifting CEO on a regular basis to discuss performance issues, discuss any questions that might come up and to give feedback on how the organization can better support your athlete, where that athlete is either performing at IWF Gold & Silver events and/or data shows they will likely do so in the future.



## **Medal Level.**

### *Definition*

The Medal level is designed to specifically support athletes who are most likely to **medal** at the Olympic Games and/or IWF World Championships.

### *Qualification Criteria*

Athletes can achieve Medal funding status through any one or more of the following criteria:

- Actual Finish of 3<sup>rd</sup> or better in the preceding IWF World Championship.
- Top 3 in the World in the Bodyweight Category by ROBI point.
- Top 3 in the World for total in the previous 12 months to the qualifying period.
- Top 3 in the World using the IWF Absolute Ranking when divided into Olympic bodyweight categories.
- Set a World Record of any age group in the 12 months to the qualifying period.

Additionally, athletes receiving this funding level must continue to be eligible to represent the United States in the upcoming Olympic Games, including any IWF, USADA, USOC or USA Weightlifting requirements to continue eligibility. Athletes who fulfil this performance criteria, but are not eligible for the Olympic Games will be assessed at Silver Level.

<b>Funding Program Level</b>	<b>Medal Level</b>
DAS USA Weightlifting Stipend	\$4000 per month
Funding for IWF Gold, Silver Competitions	Unlimited
Funding for IWF Bronze Competitions	2 per annum.
Elite Athlete Planned Funding	\$10000 per year maximum
USOC EAHI	Top Priority*
Personal Coach** Funding for IWF Gold & Silver	Always Funded
Personal Coach** Funding for IWF Bronze	Always Funded

\*Where USOC EAHI is limited by the USOC Olympic Committee, the highest ranked athlete in accordance with the IWF Absolute Ranking will be given first priority. If the IWF Absolute Ranking is yet to be formed, the athlete with the highest rank by total in the bodyweight category.

\*\*One personal coach is considered per athlete, exclusively at the athletes choice. Such a personal coach must have a minimum of USA Weightlifting Level 1, SafeSport Certification, Background Check and USADA Coaches Advantage Certification. The personal coach selected by the athlete is intended to be the coach materially involved with their program, training and competition preparation, typically regarded as the Coach of Record in their USA Weightlifting membership.

## Gold Level.

### *Definition*

The Gold level is designed to specifically support athletes who are most likely to **qualify** for the Olympic Games.

### *Qualification Criteria*

Athletes can achieve Gold status through any one or more of the following criteria:

- Actual Finish of 8<sup>th</sup> or better in the World Championship in the preceding year.
- Total in the Top 8 the World for the Bodyweight Category in the preceding 12 months to the qualification period, when allowing for only one per nation per bodyweight category. (More than one US athlete may qualify this way).
- ROBI point ranking in the Top 8 in the World for the Bodyweight Category in the preceding 12 months to the qualification period, when allowing for only one per nation per bodyweight category. (More than one US athlete may qualify this way)
- The Top Pan American total in the preceding 12 months to the qualifying window, excluding any athlete in the Top 8 in the World when allowing only one athlete per bodyweight category per nation.
- IWF Junior World Champion in the last 12 months to the qualification period.
- Actual qualification for the Olympic Games (stipend valid through the end of the calendar year). In the event an athlete qualifies for the Games who is Silver or Bronze level (or lower), the difference will be backdated to the beginning of the Olympic Year.

Additionally, athletes receiving this funding level must continue to be eligible to represent the United States in the upcoming Olympic Games, including any IWF, USADA, USOC or USA Weightlifting requirements to continue eligibility. Athletes who fulfil this performance criteria, but are not eligible for the Olympic Games will be assessed at Silver Level.

<b>Funding Program Level</b>	<b>Gold</b>
DAS USA Weightlifting Stipend	\$2500 per month
Funding for IWF Gold, Silver Competitions	4 per annum
Funding for IWF Bronze Competitions	2 per annum.
Elite Athlete Planned Funding	\$5000 per year maximum
USOC EAHI	2nd Priority*
Personal Coach** Funding for IWF Gold & Silver	1 Competition per year
Personal Coach** Funding for IWF Bronze	N/A

\*Where USOC EAHI is limited by the USOC Olympic Committee, the highest ranked athlete in accordance with the IWF Absolute Ranking will be given first priority. If the IWF Absolute Ranking is yet to be formed, the athlete with the highest rank by total in the bodyweight category.

\*\*One personal coach is considered per athlete, exclusively at the athletes choice. Such a personal coach must have a minimum of USA Weightlifting Level 1, SafeSport Certification, Background Check and USADA Coaches Advantage Certification. The personal coach selected by the athlete is intended to be the coach materially involved with their program, training and competition preparation, typically regarded as the Coach of Record in their USA Weightlifting membership.

## Silver Level.

### *Definition*

The Silver level is designed to specifically support athletes who have an **opportunity to qualify** for the Olympic Games and/or are likely to be a member of Team USA for the IWF World Championships that year.

### *Qualification Criteria*

Athletes can achieve Silver status through any one or more of the following criteria:

- IWF Youth World Champion in the preceding 12 months to the qualification window
- Pan American (Snr) Champion in the preceding 12 months to the qualification window.
- Top 15 in the World in the bodyweight category, when allowing for one per nation by total in the last 12 months to the qualification window.
- Top 15 in the World by ROBI in the bodyweight category, when allowing for one per nation by total in the last 12 months to the qualification window.
- Actual qualification for the IWF World Championship (stipend valid through the end of the calendar year).

<b>Funding Program Level</b>	<b>Silver</b>
DAS USA Weightlifting Stipend	\$1250 per month
Funding for IWF Gold, Silver Competitions	4 per annum
Funding for IWF Bronze Competitions	2 per annum.
Elite Athlete Planned Funding	\$5000 per year maximum
USOC EAHI	3 <sup>rd</sup> Priority*
Personal Coach** Funding for IWF Gold & Silver	N/A
Personal Coach** Funding for IWF Bronze	N/A

\*Where USOC EAHI is limited by the USOC Olympic Committee, the highest ranked athlete in accordance with the IWF Absolute Ranking will be given first priority. If the IWF Absolute Ranking is yet to be formed, the athlete with the highest rank by total in the bodyweight category.

\*\*One personal coach is considered per athlete, exclusively at the athlete's choice. Such a personal coach must have a minimum of USA Weightlifting Level 1, SafeSport Certification, Background Check and USADA Coaches Advantage Certification. The personal coach selected by the athlete is intended to be the coach materially involved with their program, training and competition preparation, typically regarded as the Coach of Record in their USA Weightlifting membership.

## **Bronze Level.**

### *Definition*

The Bronze level is designed to specifically support athletes who are development athletes, with prospects of competing at future Olympic Games and IWF World Championships for Team USA

### *Qualification Criteria*

Athletes can achieve Bronze status through any one or more of the following criteria:

- Actual Top 6 finish at the IWF Junior World Championship in the 12 months preceding the qualifying period.
- Actual Top 3 finish at the IWF Youth World Championship in the 12 months preceding the qualifying period.
- Actual Top 3 finish at the Pan American (Snr) Championship in the last 12 months
- Actual Youth Olympian in the 12 months preceding the qualifying period.
- Actual Medalist at an IWF Grand Prix event, Pan American Championships (Snr) or Pan American Games in the 12 months preceding.
- In the top 3 totals for 15 & Under athletes, according to the IWF Results system for the bodyweight category in the 12 months preceding.
- In the top 5 totals for Junior (20 & Under athletes), according to the IWF Results system for the bodyweight in the 12 months preceding.
- In the top 3 totals for 17 & Under athletes, according to the IWF Results system for the bodyweight category in the 12 months preceding.
- Current holder of the actual American Record in a bodyweight category (in total), set within the last 12 months.

<b>Funding Program Level</b>	<b>Bronze</b>
DAS USA Weightlifting Stipend	\$750 per month
Funding for IWF Gold, Silver Competitions	1 per annum
Funding for IWF Bronze Competitions	1 per annum.
Elite Athlete Planned Funding	\$5000 per year maximum
USOC EAHI	3 <sup>rd</sup> Priority*
Personal Coach** Funding for IWF Gold & Silver	N/A
Personal Coach** Funding for IWF Bronze	N/A

\*Where USOC EAHI is limited by the USOC Olympic Committee, the highest ranked athlete in accordance with the IWF Absolute Ranking will be given first priority. If the IWF Absolute Ranking is yet to be formed, the athlete with the highest rank by total in the bodyweight category.

\*\*One personal coach is considered per athlete, exclusively at the athlete's choice. Such a personal coach must have a minimum of USA Weightlifting Level 1, SafeSport Certification, Background Check and USADA Coaches Advantage Certification. The personal coach selected by the athlete is intended to be the coach materially involved with their program, training and competition preparation, typically regarded as the Coach of Record in their USA Weightlifting membership.

## **Additional Funding – Competition Funding**

By a **unanimous** vote of the Funding Review Board (together with the recommendation of USA Weightlifting Performance Staff, and a simple majority approval vote of the USA Weightlifting Athlete Advisory Council and USA Weightlifting Board of Directors), USA Weightlifting may approve competition funding or elite project plan funding for additional athletes in the following circumstances:

- A competition is considered critical to the qualification chances for the Olympic Games for a given an athlete.
- Data, evaluated by a 3<sup>rd</sup> party, shows a youth or junior athlete is likely to develop into an Olympic or World Team athlete (for example, but not limited to, a 13 or 14 year old athlete who may show, by data and not by opinion, that they are likely to represent the United States at the Olympic Games).
- An athlete is projected to medal at an event of considerable prestige using data analytics. Such events are those that fall in the IWF Gold or Silver event categories only.

## **Elite Athlete Project Funding**

USA Weightlifting may make available additional Elite Athlete Project Funding, with the consent of the Funding Review Board.

- There is significant performance enhancement potential for the athlete.
- There is a one-off cost that would be performance impactful to the athlete.
- Data, evaluated by a 3<sup>rd</sup> party, shows a youth or junior athlete is likely to develop into an Olympic or World Team athlete (for example, but not limited to, a 13 or 14 year old athlete who may show, by data and not by opinion, that they are likely to represent the United States at the Olympic Games).
- The athlete has exceeded their limit as stated above, but there is still possible performance enhancement for that particular athlete that would have a potential effect on their total.

The following is excluded from this document, but will be reviewed by the Funding Review Panel regularly:

- Projects such as camps which are benefitting more than one athlete.
- Direct athletic preparation for international competition (for example, training with your personal coach if you are a remote athlete).
- Camps.

For the avoidance of doubt, athletes and coaches should not view the above figures as a limit if there is a strong performance enhancement possibility, but rather propose those projects anyway. It is the job of USA Weightlifting to support performance, not simply to fund performance. Therefore, where performance can be impacted towards IWF Gold & Silver events and/or towards the Olympic Games and Pan American Games, we will look at those projects in addition.

## RTP Information

To submit yourself to the USAW RTP, to meet the minimum six (6) month requirement, you must add the “USADA RTP Athlete Certification to your membership profile. To do that follow the steps below:

**Step 1:** log into your USA Weightlifting membership profile

**Step 2:** Select the “RTP Athlete Sign-Up” from the home page (Anti-Doping -> Sign-up)



**Step 3:** Complete the athlete information required and submit the certification

**Step 4:** Your application will be processed by the sport department and you will receive an email once it has been completed.

If you have any questions about the certification please contact [Lorene.halford@usaweightlifting.org](mailto:Lorene.halford@usaweightlifting.org).

## **Example Funding Agreement**

### **2018 USA Weightlifting Funding Program Agreement**

**Description:** As an athlete receiving a stipend you must agree to the following terms and conditions for the duration of the stipend period. If any of the below are violated USA Weightlifting has the right to revoke the monthly stipend payment that you are receiving.

**Purpose:** A USA Weightlifting stipend payment is designed to assist in your competition and training expenses for Team USA. Athletes receiving a stipend payment are generally expected to be athletes who have a strong chance to represent Team USA on the international platform, and the stipend is to be used to assist an athlete financially to do so.

### **Funding Program Terms and Conditions:**

- 1. You must be a citizen of the United States of America**
  - a. Athletes must be citizens of the United States to be eligible to compete for Team USA. If dual citizenship is held, your sport nationality must be registered as the United States with the IWF or other applicable body.
- 2. You must have a valid United States of America Passport**
  - a. An athlete must possess a USA passport with an expiration date after the duration of the stipend period.
- 3. You must have been in the United States Anti-Doping (USADA) Random Testing Pool (RTP) for 6 months.**
  - a. If you have not made yourself available for USADA's RTP, please do so immediately. USA Weightlifting has taken a stand for a doping free sport and we require all our international athletes to have been available for testing for minimum of 6 months prior to competing in any international competition.
  - b. You will be added to the official USADA RTP database once you start receiving a stipend and you will be expected to complete whereabouts. If you travel anywhere out of the normal day to day you need to be sure to file your whereabouts with USADA as well as quarterly submission. Below are the quarterly deadlines where you are required to submit your whereabouts:
    - i. Quarter 1: January-March 2018 – December 31, 2017
    - ii. Quarter 2: April-June 2018 – March 31, 2018
    - iii. Quarter 3: July-September 2018 – June 30, 2018
    - iv. Quarter 4: October-December 2018 – September 30, 2018
- 4. Athletes must be current members of USA Weightlifting and in good standing in order to compete.**
  - a. Good standing means a current membership, no code of conduct violations and no outstanding financial payments within the most recent 12 months.
- 5. Athletes must have completed the USADA Athletes Advantage Education Program within the calendar year, either by being a member of the USADA RTP, or via the Webpoint membership system.**
- 6. Athlete must be current with any USA Weightlifting or US Center for SafeSport education requirements**

7. An athlete must submit a W-9 Tax form and direct deposit form to USA Weightlifting (one per year).
8. Athlete must complete an Elite Athlete Project Plan (Appendix A) within the first month of being on the stipend program. An athlete (and their coach) is welcome to set up time to discuss that plan, or ask any questions on how to fill out this plan.
9. Athlete must update their training program, body weight, and other measurements included on USA Weightlifting's CoachMePlus+ platform (Lift measurement and timeline to be determined by the USA Weightlifting performance staff). Training videos and other material must also be uploaded at the request of the Technical Director, Assistant Technical Director, or the Associate Executive Director, Sport (to be defined at the beginning of the stipend period).

**NOTE:** This terms and conditions agreement is valid for a calendar year (i.e. if you sign it in April 2018 it is valid through December 2018). An athlete will be expected to sign this agreement whenever they are added to the stipend program. If they are taken off and then re-added at some point they will be expected to reagree to the terms and conditions of the stipend program.

***By my signing this USA Weightlifting Funding Agreement, I hereby agree to all of the terms and conditions outlined in this document, and that if I do not so agree to all of these terms and conditions, I may have my stipend payment revoked for the duration of the stipend period or until I complete the required material. If I am younger than 18 years of age, as a condition of my receiving support, my parent/legal guardian must also sign this Declaration:***

**Athlete Name:** \_\_\_\_\_ (Print First, Last)

**Athlete Age:** \_\_\_\_\_

**USAW Member#:** \_\_\_\_\_

**Signature of Athlete/Parent:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Signature of Parent/Legal Guardian (Required, if Athlete is Younger Than 18 Years of Age)**

**This Declaration is due by [Month] [Date], 2018 NO LATER THAN 5PM MT**

**If you have questions about this document, contact Lorene Halford at**

**[Lorene.Halford@usaweighting.org](mailto:Lorene.Halford@usaweighting.org)**



**Appendix A: Elite Athlete Plan Form**

**2018 Elite Athlete Performance Plan**

**Please fill out this document and send it back to:  
[Lorene.halford@usaweightlifting.org](mailto:Lorene.halford@usaweightlifting.org)**

**ATHLETE PERSONAL INFORMATION**

<b>Name:</b>		
<b>Club:</b>	<b>Birth date:</b>	<b>Start year:</b>
<b>Current Address:</b>	<b>Current Weight Class:</b>	<b>Training Bodyweight:</b>
<b>Serious injuries, if any and year(s):</b>		<b>Operations, if any and year(s):</b>
<b>Weekly Training Days and Hours:</b>		
<b>Current Coach:</b>		

**CAREER PERFORMANCE INFORMATION**

	Current	Ever	Year
<b>Snatch</b>			
<b>C &amp; J</b>			
<b>Power snatch</b>			
<b>Power clean</b>			
<b>Jerk from blocks</b>			
<b>Front squat</b>			
<b>Back squat</b>			
<b>Your current job or study:</b>			

**YOUR 2018 TARGETS**

<b>Competition Name:</b>					
<b>Total Kg Goal:</b>					
<b>Wgt Class:</b>					

### PREVIOUS YEARS' BEST RESULTS

	2014	2015	2016	2017
<b>Total Kg</b>				
<b>Competition</b>				
<b>Weight Class</b>				

### PERFORMANCE TEAM

<b>Nutritionist:</b>	
<b>Sport Psychology:</b>	
<b>Massage:</b>	
<b>Physician:</b>	
<b>Chiropractic:</b>	
<b>Agent:</b>	

### YOUR EXPECTATIONS OF USAW

<p>What thoughts or ideas do you have for how USAW can help you succeed?</p>
<p>Any other info, comments, questions related to yourself, your training process, competitions, etc.?</p>

### Important:

Please attach to this document a copy of your competition schedule for 2019-2020. Include the name of each competition and the total goal you have for each. Even if you are not 100% sure on what competitions you will be attending try to be as thorough as possible.

